



# The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are

*Daniel J. Siegel*

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This book goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. Daniel J. Siegel presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in human experience and development across the life span

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